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Monroe Institute of Applied Sciences
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Dear Mr. Monroe,

For the last nine years I have had experiences of spontaneous projection out of the body.

I was only afraid the first time it happened because it was new to me & I went very fast & far away from my body into space. After that I wanted to try it again & got some books on the subject, but was never able to control where & when I went & sometimes was unable to stay conscious the whole time.

I read your book a few weeks ago & thought it was excellent. It helped me to understand some experiences I had had that I didn't know were possible, or at least I had never read of them or heard anyone talk of them before.

The other night I was aware that my consciousness was in the place where I had always projected before so I decided to try your exercize for getting the vibrations. It worked right away & I lifted my head out & experimented for awhile with such things,

& decided to get out completly & rolled out to my right. I turned Around to look at my body & saw another "me" getting up from the bed. At first I thought it was my physical, then realized it couldn't be. She was coming toward me & it scared me some so I tried getting away by using swimming motions which weren't working too well. So I went through the floor into the basement. Later I went back into the physical & the vibrations were still quite strong so I got out again. As soon as I was standing I heard a russeling noise behind me & turned Around. It was the other "me" Again & she was pulling a shirt off over her head. Again, I got scared & fell through the floor & as I was falling, I had the shirt half over my head. Then I realized she had merged with me as had the first one without my being aware of it.

The only thing I can think of to explain this is that my consciousness was a little Ahead of my Astral body or that there Are more bodies than I knew About.
Is this possible? Have you ever heard of Anyone else having such An experience? Also, I would like to know more About your Institute & when your next book will be out.
Thank you very much.

Sincerely,

[redacted]